AMID THE WRECKAGE
REMAINS OF TWO BURNS LAKE SAWMILL WORKERS FOUND {page 7}

SUN SUI WAH'S DELICACIES ARE WORTH THE WAIT
LUNCH RUSH {page 15}

B.C. WELFARE NOT ENOUGH TO RAISE KIDS: PARENTS
{page 4}

VANCOUVER metro®
Tuesday, January 24, 2012
www.metronews.ca
News worth sharing.

3 NIGHT 2 DAY
SKI & STAY PACKAGE
p: Paul Morrison
FROM $106 PER PERSON PER NIGHT
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KYLE DRATOWANY/METRO

Vancouver tweets it clean

Online survey shows vulgar language most often used by Twitter users in Ontario Vancouverites least likely to tweet swear words

PHYLICIA TORREVILLAS/METRO

Vancouverites are the Canadians least likely to cuss in 140 characters or less, according to a new social marketing company review.

Tbk Creative, a digital marketing and social media agency based in Toronto and London, Ont., released an infographic Monday that lists Canada's most vulgar cities on Twitter.

Out of 15 cities surveyed, Vancouver (with only 0.23 per cent of all tweets containing swear words) ranked absolute last on the list of potty-mouth tweeps in the country.

Andrew Schiestel, a senior partner at tbk, said they sifted through more than one million tweets across Canada's largest cities, which were posted from Oct. 7 to Nov. 5, 2011, and contained the vulgar terms "f&@k, sh*t, da#%it."

"When I look at the data, I noticed the top four vulgar cities on Twitter are all in southern Ontario and four of the bottom five are in Western Canada," Schiestel said.

Brampton topped the list of foul-mouthed cities with 1.41 per cent. The rest of the top 10, in order, were Hamilton, London, Toronto, Laval, Que., Montreal, Halifax, Quebec City, Winnipeg, and Ottawa.

Several Western Canadian cities ranked outside the top 10. Surrey, Edmonton and Calgary took the 11th, 12th and 13th spots. Mississauga was the only Ontario city in the bottom five.

Schiestel said people should be mindful of proper social media etiquette and be conscious of what they put online.

"I think people need to be aware that everything they put on the different social networks, whether they'll delete it or not, will be in cyberspace forever," he added. "They just need to be careful because what they're writing now will still be around 10 years from now." PHYLICIA TORREVILLAS

What the f&@k do you think?

Let us know on Twitter @vancouvermetro or email us at vancouverletters@metronews.ca

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Canada, will you accept this rose?

The Bachelor Canada, scheduled to run on Citytv this fall and produced by Vancouver-based Force Four Entertainment, is looking for the nation's "most eligible, rose-loving bachelorettes" to vie for the love of the first Canuck Mr. Right.

The nine-episode series is based on the hit U.S. TV matchmaking show The Bachelor, which is in its 16th season on Citytv and OMNI Television.

"Canada is brimming with eligible bachelors and bachelorettes and we're excited to offer them the opportunity to embark on their own quest for love," executive producer Claire Freeland said in a statement.

Casting-call info is posted at citytv.com/bachelorcanada.

PHYLICIA TORREVILLAS

UBC to look beyond grades

The University of British Columbia is expanding the policy of broad-based admissions to all of its programs, the school said Monday.

Applicants will be asked to answer "personal profile" questions on top of providing secondary-school grades. The practice was adopted by UBC's Sauder School of Business in 2004.

MATT KIELTYKA

MATT KIELTYKA/METRO

▶ Vancouver Coun. Heather Deal plans to introduce a motion at city hall to rally councillors behind an amendment to a provincial law that forbids the Rio and other theatres from serving alcohol and screening films.

Rio's woes lie with the province, LCLB insists

Pressure mounts on government to allow cinemas to serve booze and screen films But liquor board says Rio managers knew terms of their licence

MATT KIELTYKA
@METRONEWS.CA

It's up to the provincial government to decide if movie theatres can serve alcohol, the Liquor Control and Licensing Branch says.

Vancouver's Rio Theatre is in danger of shutting down after its owners learned last week that its liquor licence — issued only for live events — forbids the cinema to screen any films.

LCLB general manager Karen Ayers said that condition shouldn't come as a surprise to the theatre's management team, which has been in discussions with the regulator since last spring.

"They've been told repeatedly, orally and in writing, that once they obtain a liquor licence they won't be able to show films," Ayers said. "Movie theatres, under the Motion Picture Act, cannot have a licence. That's the law. We're precluded from issuing a liquor licence to theatres."

Any change would have to come in the form of a provincial government amendment to the law, Ayers said.

Several groups, including the Rio Theatre and Cineplex Odeon, are lobbying the province for the change.

Vancouver Coun. Heather Deal will introduce a motion to get city support for the amendment.

Alberta, Manitoba and Ontario already allow movie theatres to serve alcohol, Ayers said.

"The sky isn't falling there," said NDP MLA Spencer Chandra Herbert. "The liquor laws need to be updated, for sure. This is a case of bureaucracy gone mad."

Chandra Herbert presented a petition with more than 2,000 signatures to the province last year, urging it to change legislation that prevents theatres from obtaining liquor licences. But she has yet to receive a reply from Solicitor General Shirley Bond.

Bond was unavailable for comment Monday.

1 news

Brothers are reunited in Japan after six decades apart. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

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KENDRA WONG/FOR METRO

▶ Surrey MLA Jagrup Brar, living on $610 as part of a welfare challenge, at the Strathcona Community Centre Monday. He says earning exemptions to part-time jobs could be part of the solution to the welfare problem.

Raise welfare rates: Parents

Families say it's difficult to put food on the table with a $946 a month

Single parents living on $946 a month urged the provincial government Monday to raise welfare rates to a livable amount.

Vancouver parents claim the monthly income assistance payment is insufficient to give their children basic needs.

"I don't want people to think I'm a bad parent because I can't provide for my son," said Lisa Comeau whose son, Michael, is eight years old. "There are times when we have to go hungry and starve to make sure that my child has the food that he needs."

The family, which pays $565 a month for rent, says it's difficult to put food on the table, let alone enrol their son in sports.

"If they would raise the rates, we would be able to afford the things that children need — healthy food and clothes," said Lisa's husband, Paul.

KENDRA WONG

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TransLink lays out its plans for 2012

Next stop: SkyTrain fare gates, more bus service in Surrey and cycling improvements.

Those are three of the priorities for TransLink in 2012, according to the transportation authority's annual plan.

TransLink says that preparatory work for the installation of fare gates this year is now almost complete at most stations, and plans for the upcoming Compass card will also be forthcoming.

In terms of existing infrastructure, TransLink is looking to add 180,000 new service hours for buses in 2012, more than half of which will service Surrey and other communities south of the Fraser River. A new B-Line service will be introduced at King George Boulevard and 104th Avenue this year, linking Guildford, Surrey Central, Newton and White Rock Centre.

For a list of all the expanded service on routes, visit translink.ca/ontrack.

180,000
TransLink is looking to add 180,000 new service hours for buses.

MATT KIELTYKA

Pilot praised for helping rescuers

Rescuers are praising the pilot of a small plane for decisions they say helped make a difficult and dangerous rescue a little easier.

Canadian Forces search-and-rescue pilot Capt. John Edwards says the flyer of the Cessna 210 was using a flight tracker system, which requires routine radio check-in.

When the single-engine plane with four people aboard missed one of those checks Sunday morning, a search began over Big Creek Provincial Park, 130 kilometres southwest of Williams Lake.

The plane also carried an emergency locator, leading private teams and two Canadian Forces aircraft to the crash site — a measure one rescue technician says gave crews more time to concentrate on safely parachuting through blustery winds. THE CANADIAN PRESS

News in brief

Urn returned to widow

A North Delta widow was reunited with an urn containing her late husband's ashes Monday.

The urn, which was stolen on Christmas Eve, was returned to a local Salvation Army last week, along with other articles stolen that night.

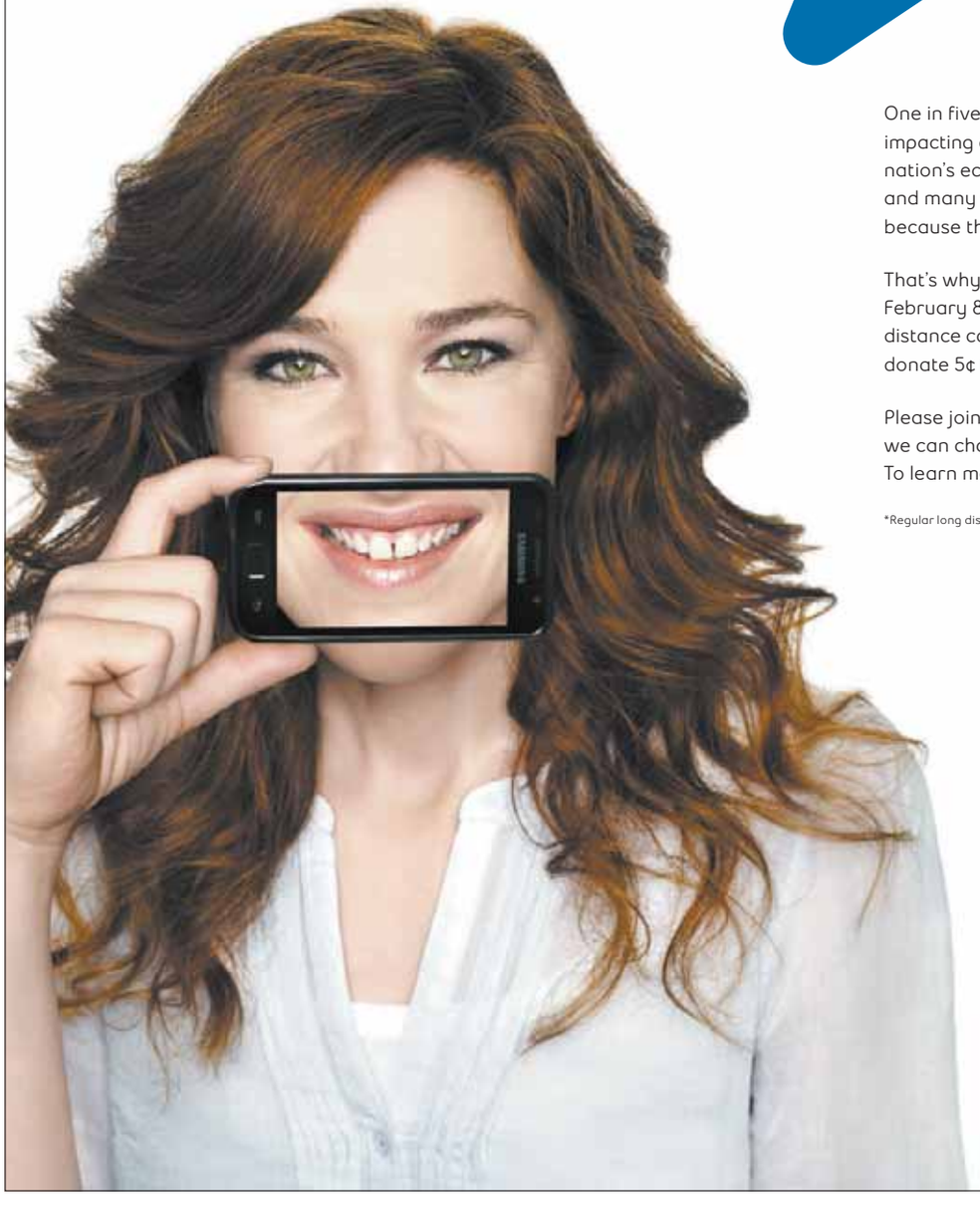
METRO

Dog survives fatal crash

Dan McGowan, 42, died when his car went off Highway 99 last Thursday. His dog, Jake, was later found collapsed, but alive, on the porch of an abandoned home on the other side of the Fraser River.

CFJC/THE CANADIAN PRESS

On February 8, let's talk.



One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on our nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 8. For every text message sent and every long distance call made by Bell customers that day,* Bell will donate 5¢ to Canadian mental health programs.

Please join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, visit bell.ca/letstalk.

*Regular long distance and text message charges apply.

Clara Hughes
Olympic champion

Bell Let's Talk

Clement lied about G8: NDP

Treasury Board president calls concerns 'NDP drive-by slime'

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a $50-million G8 "slush fund" in 2010.

New Democrat MP Charlie Angus issued the call Monday based on new documents that contradict Clement's insistence that he was not involved in choosing which projects to spruce up his riding would get funding.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

Clement's spokeswoman later said that Angus was recycling the well-known fact that Clement "recommended projects" to former infrastructure minister John Baird, who had sole authority to decide which projects would get federal cash.

THE CANADIAN PRESS

Angus' remarks

- "He told the Canadian people, 'If anybody could ever prove that I would do that, I'd turn myself over to the cops.' Well, Tony, what about it?" NDP MP Charlie Angus said Monday.
- "It's clear that a cover-up happened and the auditor general was misled," Angus added.

Southern. Storms

▶ John Braswell, right, Joe Braswell, centre, and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

January

24

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Man charged after snowmobile chase

An Alberta man was due in an Ontario court Monday to face charges stemming from a snowmobile chase involving police.

Provincial police say officers tried to stop a snowmobile carrying an adult and a child northwest of Peterborough, Ont., on Saturday because neither was wearing a helmet.

Police say the snowmobile sped off, reaching more than 100 kilometres per hour, with police in pursuit.

The snowmobile stopped at a trailer at the Bailey's Bay Resort and the driver fled, leaving behind the five-year-old child, who was not injured.

The suspect was apprehended inside a trailer after a scuffle during which he was pepper sprayed.

Scott Milton McKenzie, 25, of Fort McMurray faces numerous charges.

THE CANADIAN PRESS

Former navy medic faces new sex charges

More than a dozen new charges have been laid against a former Canadian navy medic who was convicted last fall of sexually assaulting a young recruit.

James Wilks, a former petty officer second class, faces four new counts of sexual assault and 10 counts of breach of trust for alleged acts committed while performing physical exams on Canadian Forces recruits and serving members.

The new allegations relate to medical exams performed between 2002 and 2009.

Wilks, 51, was sentenced in December to nine months in jail on one count of sexual assault and four counts of breach of trust relating to crimes committed in London and Sarnia, Ont.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Leon Mugesera

War-crimes suspect deported

A man accused of crimes related to the Rwandan genocide has been deported from Canada.

Rwanda's Foreign Minister Louise Mushikiwabo confirmed on Twitter that Leon Mugesera was on a plane bound for Rwanda Monday.

He is among the first western refugee claimants to be sent back to Rwanda to face charges related to the 1994 massacre.

Mugesera had been living in Canada for nearly two decades and appealed his case repeatedly.

He lost a last-ditch attempt to stave off deportation in Quebec Superior Court on Monday.

THE CANADIAN PRESS

Two bodies recovered in sawmill explosion

Union says cause of fire is unknown and the company had no previous safety or labour-relations issues

Amid the blackened and bent steel girders of a burned-out sawmill in Burns Lake, the remains of two missing workers have been found.

While investigators have not been allowed to search what is left of the still-smouldering site, Barbara McLintock, with the B.C. Coroners Service, said a team of department members and RCMP was able to pinpoint where the two missing workers would likely be.

The first body was found Sunday on the periphery of the scene. The second body was found Monday afternoon.

McLintock said poor weather conditions in the area are making the investigation more difficult.

Because of the devastating nature of the fire and explosion that tore through the Babine Forest Products mill Friday night, the coroners service said the remains could not yet be identified.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Smoke rises from the Babine Forest Products mill in Burns Lake, B.C. on Sunday.

Relatives have identified the two missing men as Carl Charlie and Robert Luggi. Both are aboriginal and in their 40s and both have children.

RCMP media spokeswoman Const. Lesley Smith said spot fires are still flaring on the site.

More than two dozen workers were on shift when many of them reported a bright flash, a massive explosion and then a fire Friday evening. Some reported having smelled gas beforehand.

Of the 19 people who were rushed to hospital, 11 remain in care at four different hospitals in B.C. and one in Edmonton.

Two of those taken to Vancouver General Hospital are in critical condition. Many of the workers had severe burns, and some had broken bones and concussions. **THE CANADIAN PRESS**

Adam Beach stars in the
new hit series critics call:
“Seat-of-the-pants romantic adventure.”
– Postmedia News
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Court martial urged after alleged hazing, suicide

Eight soldiers charged in death of 19-year-old U.S. infantryman who shot himself on tour in Afghanistan

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Specialist Ryan Offutt is one of eight soldiers charged in the death of Pte. Danny Chen, who shot himself last October after what investigators say were weeks of physical abuse, humiliation and racial slurs.

A native New Yorker of Chinese descent, Chen had been in Afghanistan only two months when he shot himself in a guardhouse at an outpost in Afghanistan's Kandahar province.

THE ASSOCIATED PRESS

Investigation

- Chen's family has said investigators told them that Chen was subjected to racial slurs and forced to do excessive sit-ups, push-ups, runs and sprints.
- Seven other members of Chen's unit will face hearings over the next month at Kandahar Air Field.

U.S. ARMY/THE ASSOCIATED PRESS

▶ Pte. Danny Chen, 19, shot himself on Oct. 3, 2011, after weeks of alleged abuse in Kandahar, Afghanistan.

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RIM's new CEO already in hot seat

Analysts wonder whether Heins will lead company or prepare to sell RIM's course set by former CEOs

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

CONTRIBUTED

▶ Thorsten Heins

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders holding just under 10 per cent of the shares. Alboini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Once one of Canada's most valuable companies, RIM has seen its fortunes plunge as it lost market share to competitors. RIM's problems were made worse by disappointing sales of its PlayBook tablet, a global four-day BlackBerry service outage last year and product release delays.

TORSTAR NEWS SERVICE

GLOBAL FORUM

Harper's eyes on exports at WEF

Prime Minister Stephen Harper is off to the international economic think-fest in Davos, Switzerland, this week, where he will reiterate Canada's desire to diversify its trade, especially its oil exports, said his spokesman Andrew MacDougall. "It's important to us now that a road has been blocked in the States," MacDougall said, referring to the recent Keystone XL pipeline decision. MacDougall did not mention China specifically, but said Harper is eyeing emerging markets.

Meanwhile, the Occupy movement has come to the World Economic Forum, an annual gathering of 2,600 decision-makers from nearly 100 countries and hundreds of companies that starts Wednesday. A small band of protesters with an igloo-and-yurt camp and anti-capitalist entreaties are ready to greet the big bosses of business and world politics.

THE ASSOCIATED PRESS

Market moment

PRESS AS OF 4 P.M. MONDAY

TSX	Dollar
+ 124.61 (12,521.70)	+ 0.57¢ ($99.27¢ US)

Oil	Natural gas	Gold
+ $1.25 US ($99.58 US)	$2.525 US (+ 18.2¢ US)	$1,678.30 US (+ $14.30 US)

Megaupload founder says he's innocent

Kim Dotcom, the detained founder of the file-sharing website Megaupload, insists he is innocent and poses no flight risk after a bail hearing on Monday. Police arrested Dotcom, 37, and three Megaupload employees on U.S. accusations they facilitated millions of illegal downloads of films, music and other content costing copyright holders at least $500 million in lost revenue. THE ASSOCIATED PRESS

Digital music sales stuck: Lobby group

A report by the global music industry lobbying group says the growth in digital revenues remains stuck in the single figures. The International Federation of the Phonographic Industry blames piracy and government sluggishness. While a report says that digital revenue has risen by eight per cent, one analyst says that isn't enough to make up for the decline in sales elsewhere. THE ASSOCIATED PRESS

U.S.-Canada lumber deal extended

Canada and the U.S. have bought two extra years of relative peace on lumber. The two agreed Monday to extend the 2006 softwood lumber agreement to October 2015 with no modifications to deal conditions. At the time, the deal — controversial on both sides — imposed a truce in a bitter dispute that had seen the U.S. levy $5 billion in penalties on Canadian exporters.

THE CANADIAN PRESS

THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO

Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like INSANITY! and promise to RIP AND SHRED YOUR BODY, as if those are actually desirable outcomes.

"Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble."

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a $1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home-video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa-2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "Cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the porn industry be forced to use condoms?

75% YES, IT'S A WORKPLACE SAFETY ISSUE

0% SOMEWHAT, PORN COMPANIES SHOULD BE FORCED TO LET EMPLOYEES CHOOSE

25% NO, IT SHOULD BE UP TO THE EMPLOYER

Local tweets

- **@TSN Research:** The only American (Tim Thomas) on the Bruins SC winning team isn't at the White House. Another day of Canadian/European tourists.
- **@patersonjeff:** #Canucks Tanev has been returned to AHL Chicago. He'll be in Abby tomorrrow + Wednesday vs Heat
- **@sportsnetmurph:** #canucks AV - Sami Salo is good to go. Roberto Luongo will start versus #oilers
- **@VancouverPD:** Congrats to the #VPD Mounted Squad for being named Horses of the Year by @HorseCouncilBC
- **@hansonmusic:** @ctvbc is having us on in about 10mins. -Z
- **@superblackgirl:** Breaking news: There's going to be The Bachelor Canada. Finally! Now we'll have a whole cast of people to be ashamed of.
- **@vancitybeer:** Kung Hei Fatchoi! Happy Chinese New Year!

Daily Zoom

DAVID PARRY/PA

Rise of the fake sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early in central London after a fake "sun" was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of "daylight."

MWN

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."
ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE "TRAFALGAR SUN," A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- **Is 30,000 times the size of a soccer ball.** It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- **Worth 60,000 light bulbs.** The sun's internal core produces four-million lumens of light.
- **Time to wait for sunrise.** Greyworld took six months to create the installation.

DAVID PARRY/PA

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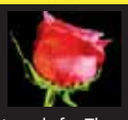
2 scene

Scene in brief



Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north and is scheduled to launch on the network this fall. A search for Canadian bachelorettes began Monday at Citytv.com.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in Touch, Martin Bohm, compare to 24's Jack Bauer?

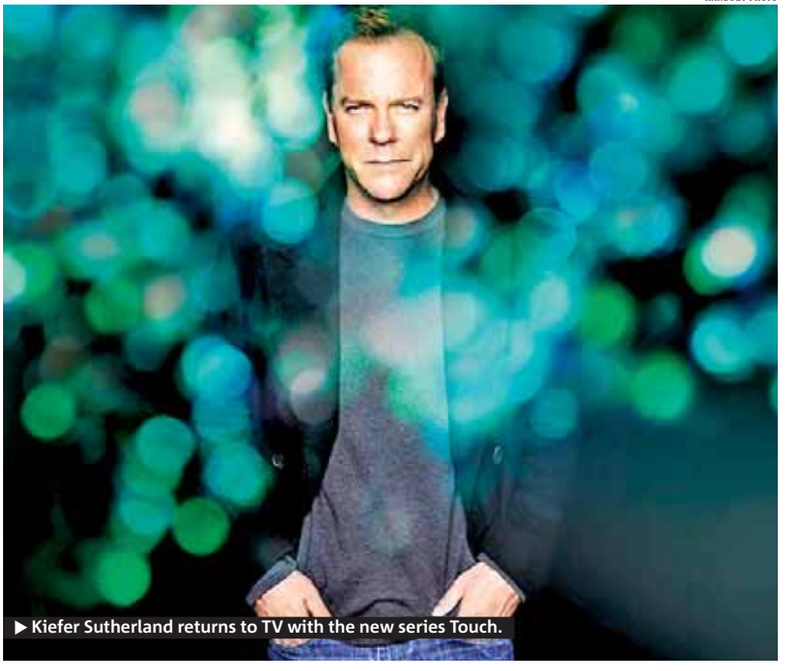
- **Similarities — both men have children they're trying to protect:** Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to harm her as a way to get to Jack.
- **They're both widowers:** Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.
- **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for long, resides in L.A.
- **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit.

Kiefer's new touch

Kiefer Sutherland tackles a more cerebral role in the new series Touch
But Touch has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

HANDOUT PHOTO



▶ Kiefer Sutherland returns to TV with the new series Touch.

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for Touch.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral Touch? "Well, we're not blowing things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and Touch's Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On Touch, you realize Martin is never going to have that quintessential father/son relationship ... and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.

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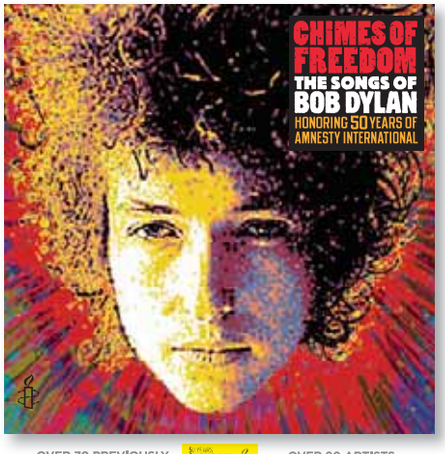

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Health scares of the stars

K-Fed suffers 'mini heart attack' Tracy Morgan collapses in Utah

ALL PHOTOS GETTY IMAGES

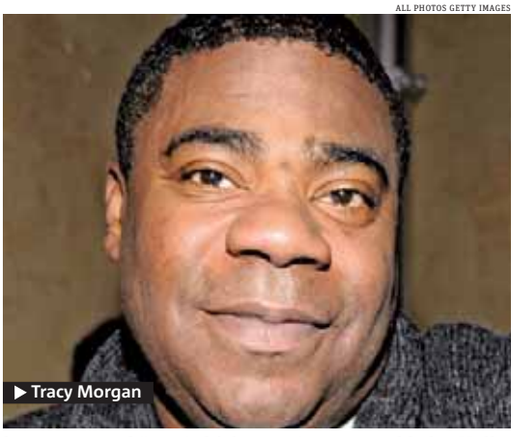
THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, Excess Baggage (because, apparently, Celebrity Fit Club worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which sounds like an oxymoron if there ever was one).



▶ Tracy Morgan

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

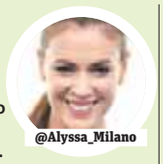
I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

▶ Kevin Federline

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

Celebrity tweets



@Alyssa_Milano
Dear Auto Correct, Duck you. Sincerely, Everyone

@kathynajimy
want a great idea for a good invention? swollen feet you can screw off at the end of the day and store on the shelf.

@SteveMartinToGo
Waiting for call asking me to do halftime show at Superbowl with solo banjo. How will I control fans rushing stage? Details to work out.

@DonaldGlover
watchin french children's show explain how to make a homemade alarm for your sack lunch. If it was in black & white, it'd be a masterpiece

5,000 miles apart?

With reports of trouble in their 14-year relationship, Johnny Depp and Vanessa Paradis have reportedly been living apart this week — 5,000 miles apart, according to People magazine. While Depp has kept a low profile in Los Angeles, Paradis has been spotted in Paris shopping and prepping for the premiere of her new film, Café de Flore. Earlier last week, Paradis stopped into a department store to pick up some DVDs, including The Seven-Year Itch. METRO

Klum and Seal: Yup, it's over

Heidi Klum and Seal have confirmed that they are separating after seven years together, according to People magazine.

"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process, and protecting the well-being of our children remains our top priority, especially during this time of transition." Seal and Klum are parents to Leni, 7, Henry, 6, Johan, 5, and Lou, 2. METRO

▶ Heidi Klum and Seal

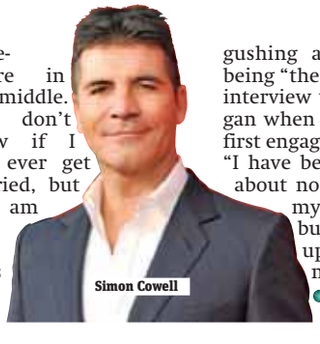
Simon says wedding is off

Simon Cowell says his engagement to Mezhgan Hussainy is off — and the relationship is as well, in a way.

"It's quite a complicated relationship. We have had a break from each other, and we are still incredibly close," Cowell tells the Sunday Mirror.

"I'm vulnerable. It's not on, it's not off, it's somewhere in the middle. I don't know if I will ever get married, but I am happy."

As for his gushing about Hussainy being "the one" during an interview with Piers Morgan when the couple was first engaged, Cowell says, "I have been pretty good about not talking about my private stuff, but I got caught up in the moment." METRO



Simon Cowell

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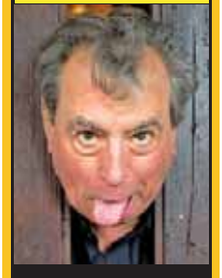
3 life

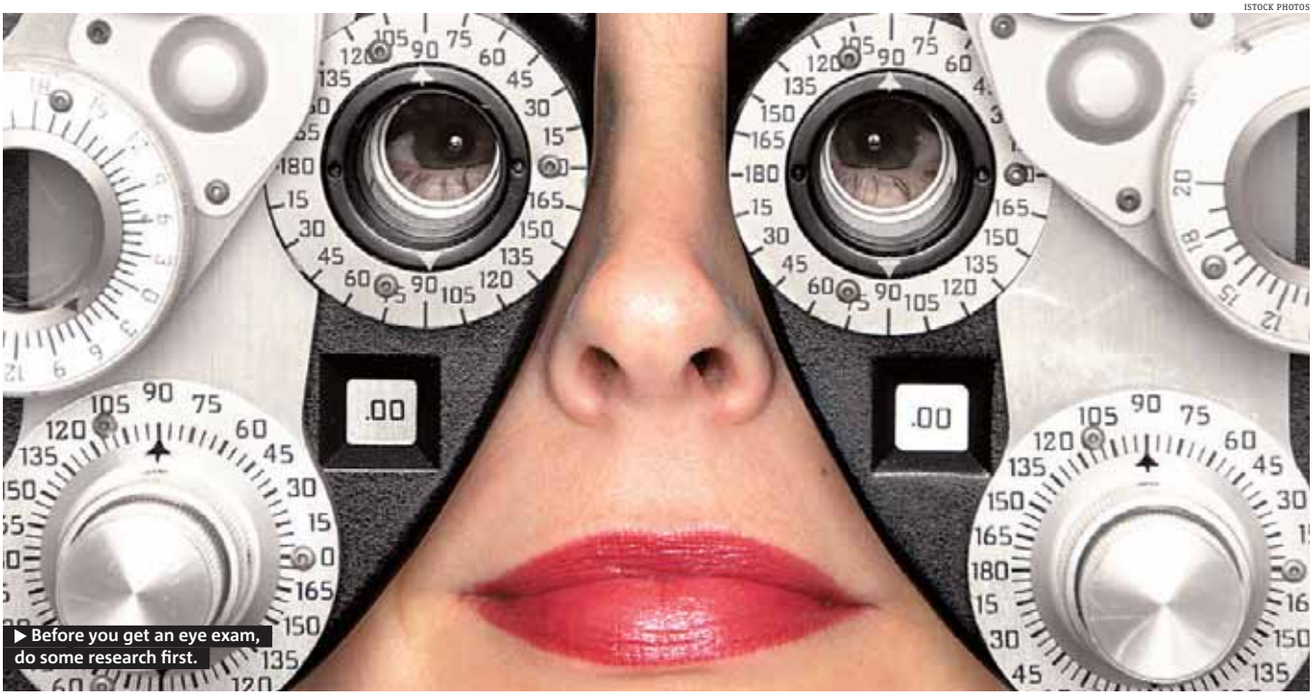
Health



A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice.
THE ASSOCIATED PRESS

If you can climb stairs, you can have sex, says AMA guidance for heart patients

ISTOCK PHOTOS



▶ Before you get an eye exam, do some research first.

World of eye care can be confusing

Learn the difference between a sight test and a full eye exam And research before you go

CELIA MILNE
LIFE@METRONEWS.CA

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."
DR. RIAZ AHMED

should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year. Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

Dragon year calls for dim sum

Head to Main Street for festive spread of made-in-house Chinese delicacies

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

The grandeur of Sun Sui Wah Seafood Restaurant's Season's Greetings sign, displayed each winter, never ceases to amaze me. If you've driven down Main Street in December, you know what I'm talking about

Little did I know, the Chinese food served within the massive concrete-walled restaurant is rumoured to be some of the best in town. The spacious, well-lit interior was comfortable and clean, and my server was confident with his recommendations.

Sun Sui Wah makes all of its food in-house, which might explain my extensive wait for lunch.

ERIN IRELAND

▶ Pan Fried Shrimp and Chive Dumplings, and Mini Sticky Rice Purses.

Twenty five minutes later, my first small dish arrived: three steaming Mini Sticky Rice Purses boasting a bold leafy smell. The moist sticky rice contained a gelatinous chicken and sausage filled centre.

The Pan Fried Shrimp and Chive Dumplings were a favourite. Their perfectly golden, slightly translucent skin broke easily to expose a fresh, moist mixture of plump shrimp and imitation crab.

Mango Pan Cakes are a must-order for their incredible angora-like texture alone. One bite will expose ripe mango enveloped in whipped cream.

Sun Sui Wah Seafood Restaurant
3888 Main St.
604-872-8822
sunsuiwah.com
Social lunch: Yes
Price range: $5 - $30
Rating: 3 out of 5

THE CANADIAN PRESS H/O

Easy Seafood Linguine

Preparation:

1. In pot of boiling water, cook pasta until al dente. Drain and keep warm.
2. Heat olive oil in frying pan and sauté garlic 3 mins. Add chili flakes and breadcrumbs; cook 1 min. Add clams with liquid, shrimp, oysters and white wine; cook for another 2 mins. Toss seafood mix with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 500 g (1 lb) linguine
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

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CARPE DATE 'EM, CARPE DIEM

Hello Claire and Andrea,
I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it.
I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships?
Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friendships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy. Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing. Carpe date 'em, carpe diem!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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CHINESE NEW YEAR 101

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

ISTOCK

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she celebrates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Make it a less taxing time of year

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Having been the host of Maxed Out, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of Million Dollar Neighbourhood, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save $100,000, or an average of $1,000 per family, through a variety of means including bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But Million Dollar Neighbourhood's first show took a slightly different tact by recovering money that had already been spent.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from $100 to $10,000, in total more than $50,000.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Cha-ching!

What would you do with a tax windfall?

- **10 per cent** of the Million Dollar Neighbourhood families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

HANDOUT

▶ Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.

Meet me in Vancouver

I hope Vancouver area readers can join me on Saturday, Jan. 28 at Chapters in Granville, 2505 Granville St. from 12 to 1 p.m. for a free presentation about personal finance and building wealth, a Q & A session and book signing.

PROTECT YOUR IDENTITY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I was speaking at a conference last week and the subject of insurance protection for identity theft came up in the Q & A portion of my talk. I'm not a huge fan of this type of insurance because I believe there are far more effective ways to protect your identity than paying $15 per month to have an institution register your credit cards and monitor the activity. Sometimes this type of insurance only covers the legal fees associated with having your identity stolen; often in excess of $10,000.

Insurance coverage cannot prevent identity theft; it only helps to detect it and cover losses associated with it. You are the best form of insurance to protect your identity. The top five ways to ensure no one steels your identity are:

1. Don't leave your bank statements, credit or banking cards in places where someone could steal the information. If you're using a shared computer to do your banking, clear the computer's history before you leave the terminal. Do not lend your banking cards to anyone; even a close friend.
2. Protect your passwords. When you enter in a pin number for a purchase, cover the key pad. If you bank online or use sites like PayPal for purchases, change your passwords regularly.
3. Shred any documentation that has personal information such as your name or address on it. You can buy a shredder for $20 at an office supply store.
4. Read your bank statements and monitor your account activity. If you see anything that looks fishy, call your bank immediately.
5. Check on your credit score regularly to ensure there are no items you don't recognize on it. If there are, contact the credit bureau immediately to have the issue investigated and resolved.

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4 sports

Canucks preview

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Semifinal. Tune up

▶ Canada's Christine Sinclair and Costa Rica's Robyn Gale battle for the ball during a CONCACAF women's Olympic qualifying soccer match Monday.

DARRYL DYCK/THE CANADIAN PRESS

Sinclair strikes again as Canada clinches first place in Pool A

Canada warmed up for the semifinals at the CONCACAF women's Olympic soccer qualifying tournament with a 5-1 victory over Costa Rica on Monday night. Striker Christine Sinclair kept up her strong play with two goals and an assist at B.C. Place in Vancouver. The goals were her sixth and seventh of the tournament. Canada finished the preliminary round with a 3-0 mark and clinched first place in Pool A. Canada will meet the second-place team from Pool B in a semifinal game Friday. The opponent will be determined after the U.S. plays Mexico on Tuesday with the loser drawing the Canadians.

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The battle commences

Competition fierce as Whitecaps open second MLS training camp with 34 players

Jun Marques Davidson doesn't need name tags to figure out his competition for a job on the Vancouver Whitecaps.

The midfielder was using modern technology as the Major League Soccer club opened its training camp Monday with eight newly signed players on its 25-man roster.

"I go back to the hotel, I check on the Internet," Davidson said after a day of drills and seven-a-side games in a cold drizzle. "I check the player's name."

In addition to 17 holdovers, there are four drafted but unsigned players, two trialists and three residency players among the 34 in camp.

There will be more additions when the club moves its training venue to Casa Grande, Ariz., on Feb. 1.

"That can be a real positive," captain Jay DeMerit said of the crowded locker-room. "It'll be nice to get to know these guys and see their work ethic and see how they can help us."

And the Whitecaps certainly need help entering their second MLS season.

10
The Whitecaps have shed 10 roster players from last season, including designated player Mustapha Jarju.

They tied the New England Revolution for last in 2011 with a 6-18-10 record, didn't win on the road, scored only 35 goals and had the second-worst goal differential in the league behind Toronto FC.

They also finished 14 points behind the Portland Timbers, their expansion cousins.

"The players understand how this works," DeMerit said. "At certain times guys get a wake-up call and think they might not be here tomorrow.

"Guys are coming in with a better attitude. They know their jobs are on the line and they have to come in and work."

They also have to impress new Scottish coach Martin Rennie, who arrives after turning around the Carolina RailHawks of the second-tier North American Soccer League.

"He's a great motivator," said Davidson, who holds dual Japanese and American citizenship and is one of four former RailHawks in camp.

"He brings the team uptempo. (He's) very positive so that's always good for the players."

THE CANADIAN PRESS

Thomas shuns chance to meet Obama

U.S. President Barack Obama saluted the Boston Bruins for their Stanley Cup championship on Monday, but one key member of the team skipped the White House visit in protest.

"I believe the federal government has grown out of control, threatening the rights, liberties, and property of the people," goalie Tim Thomas said in a statement.

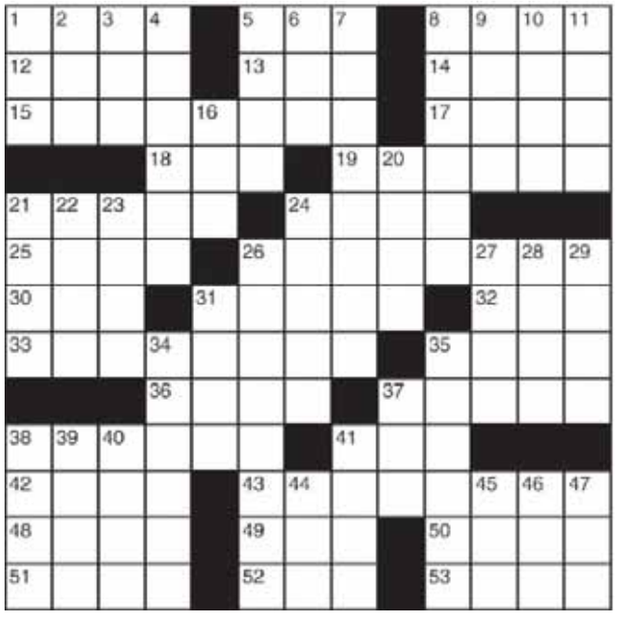
The decision to stay away, Thomas said, "was not about politics or party, as in my opinion both parties are responsible for the situation we are in as a country."

Bruins general manager Peter Chiarelli told reporters that Thomas, who will be an all-star later this month, won't be suspended for his absence.

Meanwhile, team president Cam Neely told Joe Haggerty of Comcast Sportsnet New England he would have liked to see the only American member of the Bruins' championship team attend the event.

"Everybody has their own opinions and political beliefs. He chose not to join us," Neely said. "We certainly would have liked to have him come and join us. But it's his choice. It's obviously not a choice most of the guys ... well all of the guys came except for Tim. But it's his decision and his choice." THE ASSOCIATED PRESS

Crossword



Across

1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' toppers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.
7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

▶ Monday's answer

Sudoku

		6				7		
	5	2	7		4	8	6	
8	7						3	5
			5	9	2			
				4				
			6	1	3			
1	2						9	6
	9	4	3		6	1	7	
		8				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	4	9	7	2	5	6	1	8
7	8	5	1	3	8	4	2	9
8	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

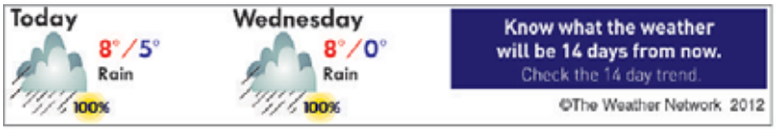
Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Matthew
Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard
Hey baby! I love you soooo much! you always brighten my day! There are times when I feel like I can't live without you. You are the one I think about and have dreamt about for a long time. **FROM CHELSEA FISH**

my handsome knight
My heart is aching for you , I am so sad that the last words you heard from me was I HATE YOU NOW....I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather that than deny it and get caught out later on.

♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential new people as you possibly can.

♌ Leo July 23-Aug.23
Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24- Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may find you have a lot in common.

♐ Sagittarius Nov. 23-Dec. 21 Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20
You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18
Try not to be too critical of other people today.

♓ Pisces Feb. 19-March 20
You may find it hard to be nice to someone today.

SALLY BROMPTON

Caption contest

JACQUES BRINON/THE ASSOCIATED PRESS

GURINDER OSAN/THE ASSOCIATED PRESS

You write it!

WIN!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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Much like a travelling circus, these "pop-up" operations are here today and gone tomorrow, and your cash is gone with them. Road shows have high travel, hotel, and overhead costs that are passed on to you. You can kiss your money goodbye.

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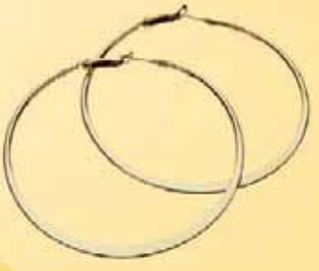

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